

Low Glycemic Index Food

Grains and Starches

Low Glycemic Index
(55 or less)
Choose Most Often

Breads:

Heavy Mixed Grain Breads
Spelt Bread
Sourdough Bread
Tortilla (Whole Grain)

Cereal:

All-Bran™ Cereal
All-Bran Buds™
With Psyllium Cereal
Oat Bran
Oats (Steel Cut)

Grains:

Barley
Bulgur
Mung Bean Noodles
Pasta (Al Dente, Firm)
Pulse Flours
Quinoa
Rice (Converted, Parboiled)

Other:

Peas
Popcorn
Sweet Potato
Winter Squash

Fruits

Low Glycemic Index
(55 or less)
Choose Most Often

Apple
Apricot (Fresh, Dried)
Banana (Green, Unripe)
Berries
Cantaloupe
Grapefruit
Honeydew Melon
Mango
Orange
Peach
Pear
Plum
Pomegranate
Prunes

Milk, Alternatives and Other Beverages

Low Glycemic Index
(55 or less)
Choose Most Often

Baked Beans
Chickpeas
Kidney Beans
Lentils
Mung Beans
Romano Beans
Soybeans/Edamame
Split Peas

Meat and Alternatives

Low Glycemic Index
(55 or less)
Choose Most Often

Almond Milk
Cow Milk
(Skim, 1%, 2%, Whole)
Frozen Yogurt
Greek Yogurt
Soy Milk
Yogurt (Skim, 1%, 2%, Whole)

